

servings of vegetables children actually like, including corn, green peas, potatoes and lima beans, to one cup per child per week, without providing any compelling reason for doing so. Vegetables in this subgroup provide excellent nutritional value. This limit would not improve nutrition intake, but would have an adverse affect on the affordability, participation rates and nutrition quality of school meals. In this time of economic uncertainty, we cannot overlook the unintended consequences of these new and conflicting standards.

The 2010 Guidelines list four “nutrients of concern”—potassium, dietary fiber, calcium, and vitamin D—adding that intake of these nutrients is “low enough to be of public health concern” in both children and adults. Potatoes, for example, have more potassium than bananas, a food commonly associated with this nutrient. Lima beans contain 21 percent of the DV of fiber and 12 percent of the DV for potassium. Green peas are rich in iron and vitamins A, B6, and C. By limiting the serving of these vegetables, USDA’s proposal runs contrary to the Guidelines.

Furthermore, this rule would have a negative impact on the businesses all across the country, including the many food producers that I represent in the 5th District of Oregon. For example, NORPAC Foods, Inc., headquartered in Stayton, Oregon, is a 240 farmer-member cooperative, farming 45,000 acres and, with its associate farmers and processors, producing over 600,000,000 pounds annually. Providing schools with nutrient rich vegetables, including lima beans and green peas, is an important part of NORPAC’s business. At this time of economic downturn, USDA should not impose rules that close markets for American farmers without strong nutritional justification.

In conclusion, as we recognize National School Lunch Week and the positive impact this program has on the children in our nation, I would encourage the USDA to revisit its proposal and write a rule that does not put limitations on school nutritionists’ choices in how to best feed hungry children or put further economic pressures on schools or the food companies that supply our schools.

TRIBUTE TO ELIZABETH COARDS

HON. JAMES E. CLYBURN

OF SOUTH CAROLINA

IN THE HOUSE OF REPRESENTATIVES

Friday, October 14, 2011

Mr. CLYBURN. Mr. Speaker, I rise today to pay tribute to a remarkable constituent.

Ms. Elizabeth Coards is an extraordinary centenarian who resides in the Villas at Horizon Village, and serves as matriarch to a wonderful neighborhood in North Charleston, South Carolina, which was created through the Hope VI program.

Ms. Coards was born in Summerville, South Carolina, on August 17, 1909. Her parents were Benjamin Bracey, a brick maker, and Mattie Jones, a domestic worker. She attended Alston High School in Summerville, South Carolina.

Following school, she went to work for a cigar factory in Charleston, South Carolina. Ms. Coards remembers that she was at the factory stripping tobacco when she heard about President Roosevelt signing Social Se-

curity into law in 1935. Soon after, she went looking for better opportunities in New York City. There she found work as a laundress and later as a nanny, staying with one family for 27 years. In 1980, Ms. Coards moved to Staunton, Virginia. She returned South Carolina and settled into North Charleston at the age of 101.

Ms. Coards’ first love is baseball. One of her fondest memories is taking the 5-cents subway ride to Brooklyn, where she saw Jackie Robinson hit his first home run for the Dodgers in 1947. Ms. Coards had a brief marriage in 1929, and had a son Harvey, who passed away in 1975. She is currently a member of Faith Temple Church in Harleyville, SC, and a beloved resident of her new home at the Villas at Horizon Village.

Mr. Speaker, I ask you and my colleagues to join me in celebrating the contributions of Ms. Elizabeth Coards to the rich fabric of our country. She serves as an example of the wonderful centenarians that worked hard all their lives, raised families and participated in their communities. America is a remarkable country because of the contributions of productive citizens like Ms. Coards. It was my honor to meet her at the recent dedication of the Villas at Horizon Village, and I wish her much happiness and continued good health.

RECOGNIZING MR. WALTER
COWART OF SPRINGFIELD, MISSOURI

HON. BILLY LONG

OF MISSOURI

IN THE HOUSE OF REPRESENTATIVES

Friday, October 14, 2011

Mr. LONG. Mr. Speaker, I rise today to recognize and honor one of the 7th District of Missouri’s most distinguished individuals, Walter Cowart.

Walter, a resident of Springfield, Missouri, retired this summer after working in the United States Small Business Administration, SBA, for over 35 years.

Walter got off to a great start in college. There, he majored in economics at Sewanee, the University of the South, in Sewanee, Tennessee, as part of the class of 1964.

Cowart’s career with SBA started in Lubbock, TX in 1976. In 1979, he moved to the Kansas City, Missouri office as the Chief of Portfolio Management. He then transferred to Springfield, Missouri when the Branch Office opened there in 1981. He was recognized as the Region VII Regional Employee of the Year in 1997 and was presented his award by former Congressman Roy Blunt at the Springfield Branch Office. He was appointed Branch Manager in 2008.

As Branch Manager, Walter was an advocate for small business in the 28 counties served by the Springfield Branch of the Kansas City District. He oversaw efforts to expand and develop the small business community in southwest Missouri with the help of SBA lending partners.

Walter was also a member of the Springfield Planning and Zoning Commission from March 1984 until January 1991 and was a member of the Board of the Springfield Public Building Corporation from May 1991 until January 2002.

Walter has been married to his wife Laura for over 38 years. They both retired at the end

of August; Walter from the SBA and Laura from the United States Department of Agriculture’s Natural Resources Conservation Service.

Walter and Laura like to spend their free time with their family. They are blessed with three children and two grandchildren. Walter and Laura are spending their retirement with their family, friends, and are currently cruising across the rivers of Europe.

Although I am sad to see him go, I wish Walter a happy retirement. The SBA was fortunate to call him an employee, those of us who live in Springfield are proud to call him a neighbor, but most importantly, I am lucky to call him a friend. I hope Walter and Laura enjoy their retirement and wish them and their family the best in the future.

PERSONAL EXPLANATION

HON. LAURA RICHARDSON

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, October 14, 2011

Ms. RICHARDSON. Mr. Speaker, on Tuesday, October 11th I was unavoidably detained and therefore was not present to be recorded on rollcall vote No. 771. Had I been present I would have voted as follows:

On rollcall No. 771, I would have voted “nay” (October 11)

H. Res. 425—Rule providing for consideration of H.R. 3078—United States-Colombia Trade Promotion Agreement Implementation Act, H.R. 3079—United States-Panama Trade Promotion Agreement Implementation Act, H.R. 3080—United States-Korea Free Trade Agreement Implementation Act, and the Motion to Concur in the Senate Amendments to H.R. 2832—To extend the Generalized System of Preferences, and for other purposes (Trade Adjustment Assistance Extension)

RECOGNIZING 20 YEARS OF WATER CONSERVATION IN EL PASO

HON. SILVESTRE REYES

OF TEXAS

IN THE HOUSE OF REPRESENTATIVES

Friday, October 14, 2011

Mr. REYES. Mr. Speaker, I rise today to mark the 20th anniversary of Water Conservation Day in El Paso. I also want to honor the truly remarkable turnaround El Paso has achieved in reducing water use and preventing the depletion of the Hueco Bolson aquifer.

In 1991, with one of El Paso’s main water sources predicted to run dry within 36 years, the goal was to reduce the 200 gallons used by each person everyday by 20 percent. Today, average usage stands at 133 gallons per person, and, despite a population increase of 200,000 people since 1991, El Paso uses 1.6 percent less than 20 years ago.

El Paso’s Water Conservation Ordinance has provided guidelines and schedules for water usage for two decades, and resulted in over 231 billion gallons of water saved from waste and has also halted the over-drafting of fresh water from the Hueco Bolson aquifer, the main water source for the city.

El Paso’s initiative succeeded for several reasons. The Water Conservation Department